

The Foundations of Personal Energy Management

Energy and time are precious resources. Optimize your energy by removing energy “anchors” and initiating more natural behaviors. Try one or two of the following tips to improve your level of energy today.

Water



- Many experience chronic, low-level dehydration – without knowing it
- Drink at least ½ ounce of hydrating fluids per pound of your weight (180lbs = 90oz)
- Create an environment where it is easy to drink more water
 - Carry a favorite water bottle and have a spare
 - Start early with warm water in the morning so it is absorbed quickly (yes before coffee)

Movement

- We are made to move often, but have trained ourselves to sit for too long
- Sitting actually makes us feel fatigued – we need to move to feel energized
- Focus on interrupting long bouts of sitting with a stretch
 - Bonus if you stand or walk
 - Microbreaks improve cognition and health more than you might think
- Schedule breaks if you have to, or use an app or the Sandia RSI guard



Sleep



- Most Americans struggle with sleep deprivation, poor sleep quality, or both
- Don't take your work to bed
 - Take 10 minutes before leaving work to organize/plan for tomorrow
- Allow enough time for sleep and avoid screens for 1 hour prior to bed
- Establish a consistent wake-up time and try to stick with it
 - Try not to sleep in on the weekends (for more than 1 hour)

Connections

- We are relational beings and thrive when our connections are strong
- When we have strained or infrequent connection; our energy is drained
- Make an effort to reconnect with friends and loved-ones
 - This may take an energy investment, but it pays big dividends
- Become more positive by seeking the positive in life and in others



Play



- Our brain responds positively to change/novelty
 - Purposely switching tasks at work or solving a puzzle can regain sharpness
- Play is one of the first skills we lose, but it can be relearned (cards anyone?)